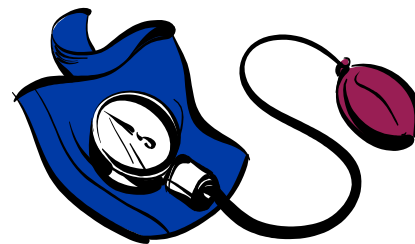


Lunch with Nurse Steve:



Why do I have trouble walking?

Thursday, March 9, Noon

Enjoy a delicious lunch and an educational discussion
presented by Nurse Steve.

Nurse Steve's talk will be "a discussion on balance and
falls prevention."

Sign-up by Thursday, March 2

\$4.68 (Regular meal cost)

Menu: Pork Carnitas, black beans, lettuce, salsa, cheese, tortillas, fruit



Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

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